

Lamb tagine

Serves 2

- 300g stewing lamb (shoulder or neck) cut into 2.5cm chunks
- 1-2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic
- 1 tbsp grated ginger
- 1 tsp lemon zest
- 1 tsp cinnamon
- 1 tsp cumin
- ½ tsp turmeric
- ½ tsp ground coriander
- Freshly ground black pepper
- 400g can of chopped tomatoes
- 400ml stock
- 300g butternut squash, peeled and chopped into bite size chunks
- 50g dried apricots, roughly chopped
- 1 tbsp of lemon juice
- 1 tsp of honey
- Handful of chopped coriander

1. Heat half the oil in a large non-stick pan and brown the lamb. Set aside when done.
2. Add the rest of the oil to the pan and fry the onion until soft (about 5 minutes) then add the garlic, ginger, lemon, cinnamon, cumin, turmeric, coriander and black pepper and fry another 1-2 minutes.
3. Add the tomatoes and stock, bring to the boil, and then return the lamb to the casserole. Season with salt, cover and simmer for 1 and a half hours.
4. After 1 and a half hours, add the butternut squash and apricots and continue to simmer gently for another 30 minutes until the meat is tender.
5. Just before serving stir in the honey, lemon juice and coriander.
6. Serve with quinoa or rice and seasonal vegetables.